

ACHIEVE Wellness Lake County, Ohio

ACHIEVE Wellness is an initiative funded initially by the Centers for Disease Control and Prevention (CDC) and National Association of Chronic Disease Directors (NACDD). In Ohio, Lake County is one of six ACHIEVE communities.

ACHIEVE Wellness Lake County works to create and implement policy and environmental changes throughout various sectors of the community, including schools and workplaces, to create behavior changes around two health modules; nutrition and physical activity.



**Action Communities for Health,
Innovation, and Environmental
Change**

Bike Days Lake County

 **Cleveland Clinic**
Family Health Center, Willoughby Hills
Euclid Hospital
Hillcrest Hospital



www.lakecountyohio.gov/achieve

**Coming in
May & June
2012**

Goals

Bike Days Lake County will work toward promoting active living and proper nutrition, keeping in line with the ACHIEVE initiative's vision that residents of all ages will lead healthy lifestyles that include consuming nutritious foods and engaging in higher levels of physical activity. This event will lend itself as an opportunity for us to begin to reverse the trends of chronic diseases that are plaguing our county and its residents.

Goals of Bikes Day Lake County:

- Educate participants about biking as a means of "active transportation".
- Provide information on bike safety, as well as designated bike routes, trails, and bike friendly roads that exist within the county.
- Promote biking as fun and family oriented.
- Promote healthy eating.

Locations & Dates

Concord Township
Auburn Career Center
May 19, 2012; 1-3:30 p.m.

Madison Township
Stanton Park
June 16, 2012; 1-3:30 p.m.

City of Mentor
Municipal Center
May 19, 2012; 1-3:30 p.m.

North Perry Village
Townline Park
June 16, 2012; 1-3:30 p.m.

City of Painesville
Job & Family Services Parking Lot
June 8, 2012; 6-8:30 p.m.

City of Wickliffe
Community Senior Center
June 23, 2012; 10 a.m.-12 p.m.

City of Willoughby
Euclid Ave. Pool
May 20, 2012; 1-3:30 p.m.

Activities

- Adult and Children's Bike Raffle
- Bike Rodeo
- Bike Safety Information Booth
- "Register Your Bike" Booth
- Giveaways/Prizes
- Bike Swap
- Face Painting
- Decorate Your Helmet
- Fresh Produce Stand
- Bike/Athletic Shop
- 3-5 Mile Bike Ride
- Designated Area to Park Bikes
- Food
- Water/Beverage
- Music or DJ
- Bike Auction

NOTE: Event vendors/activities will vary from one location to another. To find out what activities are taking place at each location, please visit www.lakecountyohio.gov/achieve.

